

**PRESS RELEASE: FOR IMMEDIATE RELEASE**

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Phone: 617-730-2222, 617-730-2300

Email: [lkarsten@brooklinema.gov](mailto:lkarsten@brooklinema.gov)

**EMERGENCY MANAGMENT TEAM OPENS COOLING  
CENTERS**

*Hot Weather Tips are offered*

**BROOKLINE, MA** – With temperatures expected to remain in the 90's through Thursday, September 2, the Brookline Emergency Management Team is opening the following cooling centers:

***Location: Address: Time:***

**Brookline Public Safety Building, 350 Washington Street**, 24 hrs a day, 7 days a week

**Brookline Senior Center, 93 Winchester Street**

Monday - Friday, 8:30am – 5pm

**The Public Libraries of Brookline** are air-conditioned. Public libraries are open as follows:

**Main Library – 361 Washington Street:**

Monday through Thursday, 10am-9pm

Friday, 10 am-5 pm

**Coolidge Corner Branch – 31 Pleasant Street:**

Monday and Wednesday: 10am-6pm, Tuesday and Thursday: 10am-9pm, Friday and Saturday: 9:30am to 5 pm.

**Putterham Branch – 959 West Roxbury Parkway:**

Monday and Wednesday: 1-9 pm, Tuesday and Thursday: 10am-6pm, Friday 10 am- 5 pm.

For residents of **61 Park Street, 90 Longwood Avenue, 50 Pleasant Street, 190**

**Harvard Street**, the Brookline Housing Authority will have their air conditioned community rooms available for residents.

**The Brookline Pool, 60 Tappan Street**, also is open. During “open swim” hours, Brookline residents can use the pool free of charge during a heat alert. Please call 617-713-5435 for specific hours.

In addition, the Brookline Health Department is advising the public of the following:

***Tips for Preventing Heat Related Illnesses:***

- NEVER leave children or pets alone in a closed, parked vehicle.
- Slow down, avoid strenuous activity.
- Avoid too much sun.
- Plan outdoor games and activities for early morning or evening.
- Avoid extreme temperature changes.

- Stay indoors as much as possible and use air conditioners to cool the air. When the temperature is in the 90's, fans will not prevent heat related illness. Taking a cool shower or bath is a better way to cool off.
- Wear loose-fitting, lightweight, light-colored clothing that will cover as much skin as possible.
- Protect face and head by wearing a wide brimmed hat.
- Drink plenty of fluids, even if you do not feel thirsty, and avoid alcoholic beverages, drinks with caffeine and large amounts of sugar—these actually cause you to lose more body fluid.
- Use your stove less and try to cook your meals in the cooler part of the day.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.

Check regularly on:

Infants and young children

People aged 65 or older

People who have a mental illness

Those who are physically ill, especially with heart disease or high blood pressure

- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.
- **KEEP COOL**—Spend as much time as you can in cooler surroundings